

FROM THE COLLEGE OF MENTAL HEALTH COUNSELLING

ANGER SELF-ASSESSMENT: JOIN THE AWARENESS MOVEMENT

BY DANIEL KEERAN, MSW, PRESIDENT

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Anger is a major issue in mental health and requires focused attention to address and distinguish healthy and unhealthy anger. Anger and negativity are food for depression and may lead to violence: physical fighting, assault, homicide, or suicide. The writer encourages the reader to distribute this instrument to family, friends, and throughout social media. The user is invited to use this as an exercise for increasing the awareness of anger.

Instructions: Respond to each numbered item in the short list here as either “True” or “False” for you. A “True” response may identify a potential area for training. Reflect on whether an item identifies a problem or issue in the way you manage your anger. Anger requires boundaries, and a moral value (e.g. OK or not OK) can be assigned to strengthen boundaries for anger. Assess whether you believe the following:

- T F 1. It is OK to direct anger toward others sometimes.
- T F 2. It is OK to shout or yell when you feel angry.
- T F 3. It is OK to use obscene gestures, cursing or profanity, or earthy or foul language, when you are angry.
- T F 4. It is OK to throw objects or destroy property when you feel angry.
- T F 5. It is OK to discipline a child when you feel angry.
- T F 6. It is OK to punch, kick, chase, push, grab, slap, scratch, bite, slam a door, stomp, pound your fist, point your finger, spit on, and stand over a person or use other physical ways to express anger.
- T F 7. It is OK to direct serial criticisms toward a person.
- T F 8. It is OK to dominate the conversation.
- T F 9. It is OK to use long silences or refuse to answer questions when you feel angry.
- T F 10. It is OK to take revenge, or get back at a person, or hold a grudge for an injustice done to you.
- T F 11. It is OK to use humiliating or demeaning sarcasm toward a person or to use humour at another's expense.
- T F 12. It is OK to call someone demeaning names.
- T F 13. It is OK to mock, deride, or make fun of a person.
- T F 14. It is OK to speak against a person to undermine them to others.
- T F 15. It is OK to make a blanket condemnation of a person, e.g. “You always/never...”
- T F 16. It is OK to “guilt trip” a person, e.g. “You make me want to die.”
- T F 17. It is OK to speak of resolved past offenses, as an expression of anger.
- T F 18. It is OK to express passion or to be indignant about an injustice done to you or someone else.
- T F 19. It is OK to threaten or bring harm or injury when you are feeling angry.
- T F 20. It is OK to send negative emails to someone you feel angry toward.